



Eating right, simplified.

## 2,800 Calorie Plan (Vegan) 5 meals/day

### DAY 1

#### Breakfast

7:00 AM

almonds	1 1/3 oz	216 cal
oat bran, cooked	2 Cup(s)	175 cal
orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 668 cal / **Carbs** 87 g (43%) / **Protein** 57 g (28%) / **Fat** 26 g (29%) / **Fluid** 28

NOTES:

#### Snack

10:00 AM

sea salt & black pepper soy chips	16 crisps	113 cal
tofurky jurky	2 oz	202 cal
drinking water	2 Cup(s)	0 cal
nectarines	2 fruit	120 cal

MEAL TOTAL: **Calories** 435 cal / **Carbs** 62 g (55%) / **Protein** 33 g (29%) / **Fat** 8 g (16%) / **Fluid** 24

NOTES:

#### Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
drinking water	2 Cup(s)	0 cal
peppered tofurky deli slices	4 oz	218 cal
dijon mustard	2 tsp	10 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	4 leaf	4 cal
american soy cheese, sliced	2 slice	140 cal

MEAL TOTAL: **Calories** 634 cal / **Carbs** 55 g (36%) / **Protein** 41 g (27%) / **Fat** 25 g (37%) / **Fluid** 19

NOTES:

#### Snack

3:00 PM

almond beverage with calcium	2 Cup(s)	139 cal
pecan granola bars	2 bars	190 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 464 cal / **Carbs** 86 g (71%) / **Protein** 8 g (6%) / **Fat** 13 g (23%) / **Fluid** 20

NOTES:

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.



Eating right, simplified.

## Dinner

6:00 PM

quinoa, cooked	1 1/2 Cup(s)	333 cal
vegan turkey with sage, meat free	12 oz	113 cal
drinking water	2 Cup(s)	0 cal
brussels sprouts, no salt, boiled	1 1/2 Cup(s)	42 cal
extra virgin olive oil	1/2 Tbsp	60 cal

**MEAL TOTAL:** **Calories** 548 cal / **Carbs** 78 g (56%) / **Protein** 29 g (20%) / **Fat** 15 g (24%) / **Fluid** 26

### NOTES:

**DAY 1 TOTAL:** **Calories** 2,750 cal / **Carbs** 368 g (50%) / **Protein** 167 g (23%) / **Fat** 86 g (27%) / **Fluid** 117



Eating right, simplified.

## DAY 2

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
almond beverage with calcium	1 3/4 Cup(s)	121 cal
strawberries	1 Cup(s)	46 cal
tofurky franks	2 oz	164 cal

MEAL TOTAL: **Calories** 606 cal / **Carbs** 101 g (63%) / **Protein** 26 g (16%) / **Fat** 15 g (21%) / **Fluid** 35

NOTES:

### Snack

10:00 AM

teriyaki tofu, baked	2 1/4 oz	102 cal
drinking water	2 Cup(s)	0 cal
almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
melba toast, no salt	4 toast	75 cal

MEAL TOTAL: **Calories** 487 cal / **Carbs** 60 g (48%) / **Protein** 19 g (16%) / **Fat** 20 g (36%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

baby carrots	15 large	79 cal
romaine lettuce	4 leaf	4 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal
vegan chicken strips, meat free	5 oz	361 cal

MEAL TOTAL: **Calories** 641 cal / **Carbs** 66 g (40%) / **Protein** 38 g (23%) / **Fat** 28 g (37%) / **Fluid** 25

NOTES:

### Snack

3:00 PM

sunflower seeds, no salt, dry roasted	7/8 oz	144 cal
pecan granola bars	2 bars	190 cal
drinking water	2 Cup(s)	0 cal
nectarines	2 fruit	120 cal

MEAL TOTAL: **Calories** 454 cal / **Carbs** 64 g (52%) / **Protein** 12 g (10%) / **Fat** 20 g (38%) / **Fluid** 24

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1 serving	384 cal
vegan chicken strips, meat free	3 oz	217 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** Calories 637 cal / Carbs 72 g (43%) / Protein 33 g (20%) / Fat 28 g (37%) / Fluid 24

### NOTES:

**DAY 2 TOTAL:** Calories 2,826 cal / Carbs 363 g (49%) / Protein 127 g (17%) / Fat 110 g (34%) / Fluid 129



Eating right, simplified.

### DAY 3

#### Breakfast

7:00 AM

whole wheat raisin bread	3 slice	390 cal
almond beverage with calcium	1 Cup(s)	69 cal
drinking water	1 Cup(s)	0 cal
almond butter	2 Tbsp	200 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 719 cal / **Carbs** 115 g (62%) / **Protein** 20 g (11%) / **Fat** 22 g (27%) / **Fluid** 20

NOTES:

#### Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
pecan granola bars	2 bars	190 cal
almonds	3/4 oz	122 cal

MEAL TOTAL: **Calories** 422 cal / **Carbs** 63 g (56%) / **Protein** 9 g (8%) / **Fat** 18 g (36%) / **Fluid** 22

NOTES:

#### Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
whole wheat dinner rolls	1 roll	74 cal
chicken nuggets, meat free	4 oz	316 cal
romaine lettuce	2 Cup(s)	16 cal
iced tea, green	16 fl. oz.	0 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 541 cal / **Carbs** 48 g (34%) / **Protein** 21 g (15%) / **Fat** 32 g (51%) / **Fluid** 20

NOTES:

#### Snack

3:00 PM

baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
hummus, lower sodium	2 Tbsp	52 cal
tofurky jurky	2 oz	202 cal
melba toast, no salt	5 toast	94 cal

MEAL TOTAL: **Calories** 427 cal / **Carbs** 60 g (55%) / **Protein** 31 g (29%) / **Fat** 8 g (16%) / **Fluid** 24

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1 serving	384 cal
mustard greens, no salt, boiled	1 cup	36 cal
vegan chicken strips, meat free	3 oz	217 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** **Calories** 637 cal / **Carbs** 72 g (43%) / **Protein** 33 g (20%) / **Fat** 28 g (37%) / **Fluid** 24

### NOTES:

**DAY 3 TOTAL:** **Calories** 2,746 cal / **Carbs** 358 g (50%) / **Protein** 115 g (16%) / **Fat** 107 g (34%) / **Fluid** 110



Eating right, simplified.

## DAY 4

### Breakfast

7:00 AM

tofurky franks	2 oz	164 cal
drinking water	2 Cup(s)	0 cal
almond beverage with calcium	2 Cup(s)	139 cal
cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
strawberries	1/2 Cup(s)	23 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 98 g (63%) / **Protein** 25 g (16%) / **Fat** 15 g (21%) / **Fluid** 34

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
nectarines	1 fruit	60 cal
almonds	3/4 oz	122 cal
mixed berry soy yogurt	6 oz	180 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 472 cal / **Carbs** 55 g (44%) / **Protein** 34 g (27%) / **Fat** 16 g (29%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal
quinoa chili, vegan	1 1/2 serving	345 cal
nutritional yeast seasoning by bragg	5 Tbsp	100 cal

MEAL TOTAL: **Calories** 594 cal / **Carbs** 90 g (58%) / **Protein** 35 g (23%) / **Fat** 13 g (19%) / **Fluid** 17

NOTES:

### Snack

3:00 PM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
pecan granola bars	2 bars	190 cal
tofurky jurky	1 oz	101 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 67 g (64%) / **Protein** 17 g (16%) / **Fat** 9 g (20%) / **Fluid** 22

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
mustard greens, no salt, boiled	1 cup	36 cal
wild rice, cooked	1 Cup(s)	166 cal
drinking water	2 Cup(s)	0 cal
navy beans, no salt, boiled	1/2 Cup(s)	127 cal
vegan chicken strips, meat free	4 oz	289 cal

**MEAL TOTAL:** **Calories** 679 cal / **Carbs** 77 g (44%) / **Protein** 41 g (23%) / **Fat** 26 g (33%) / **Fluid** 26

**NOTES:**

**DAY 4 TOTAL:** **Calories** 2,746 cal / **Carbs** 388 g (54%) / **Protein** 153 g (21%) / **Fat** 80 g (25%) / **Fluid** 120

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.





Eating right, simplified.

## DAY 5

### Breakfast

7:00 AM

tofurky franks	2 oz	164 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 1/2 Cup(s)	167 cal
oat bran, cooked	2 Cup(s)	175 cal
almonds	1 oz	162 cal

MEAL TOTAL: **Calories** 669 cal / **Carbs** 102 g (52%) / **Protein** 36 g (18%) / **Fat** 26 g (30%) / **Fluid** 32

NOTES:

### Snack

10:00 AM

almond butter	1 Tbsp	100 cal
pecan granola bars	2 bars	190 cal
drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 400 cal / **Carbs** 61 g (60%) / **Protein** 8 g (7%) / **Fat** 15 g (33%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
vegan chicken strips, meat free	5 oz	361 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	1 roll	74 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 586 cal / **Carbs** 36 g (24%) / **Protein** 33 g (22%) / **Fat** 37 g (54%) / **Fluid** 20

NOTES:

### Snack

3:00 PM

baby carrots	25 large	131 cal
hummus, lower sodium	2 Tbsp	52 cal
drinking water	2 Cup(s)	0 cal
garbanzo beans, dry-roasted no salt	2 3/4 oz	106 cal
tofurky jurky	1 oz	101 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 69 g (63%) / **Protein** 25 g (23%) / **Fat** 7 g (14%) / **Fluid** 28

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
vegan fajitas	2 serving	879 cal

**MEAL TOTAL:** **Calories** 879 cal / **Carbs** 126 g (54%) / **Protein** 33 g (14%) / **Fat** 33 g (32%) / **Fluid** 35

**NOTES:**

**DAY 5 TOTAL:** **Calories** 2,924 cal / **Carbs** 395 g (50%) / **Protein** 135 g (17%) / **Fat** 118 g (33%) / **Fluid** 136

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.



Eating right, simplified.

## DAY 6

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat raisin bread	2 slice	260 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
bananas	1 extra large	135 cal
almond butter	2 Tbsp	200 cal

MEAL TOTAL: **Calories** 699 cal / **Carbs** 113 g (62%) / **Protein** 17 g (10%) / **Fat** 22 g (28%) / **Fluid** 24

NOTES:

### Snack

10:00 AM

almond nut thins hint of sea salt	2/3 oz	82 cal
tofurky jurky	1 1/2 oz	152 cal
drinking water	2 Cup(s)	0 cal
nectarines	2 fruit	120 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 57 g (62%) / **Protein** 23 g (25%) / **Fat** 5 g (13%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
vegan fajitas	2 serving	879 cal

MEAL TOTAL: **Calories** 879 cal / **Carbs** 126 g (54%) / **Protein** 33 g (14%) / **Fat** 33 g (32%) / **Fluid** 35

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
pecan granola bars	2 bars	190 cal
trulean vegan plant based protein frosted vanilla...	1 1/4 Scoop	138 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 61 g (53%) / **Protein** 32 g (28%) / **Fat** 10 g (19%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

summer squash, no salt, boiled	2 cup	72 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	2 Cup(s)	331 cal
vegan turkey with sage, meat free	12 oz	113 cal

MEAL TOTAL: **Calories** 516 cal / **Carbs** 96 g (71%) / **Protein** 30 g (22%) / **Fat** 4 g (7%) / **Fluid** 36

NOTES:

**DAY 6 TOTAL: Calories** 2,886 cal / **Carbs** 454 g (60%) / **Protein** 135 g (18%) / **Fat** 75 g (22%) / **Fluid** 140

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.



Eating right, simplified.

## DAY 7

### Breakfast

7:00 AM

almond beverage with calcium	2 Cup(s)	139 cal
drinking water	2 Cup(s)	0 cal
cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
strawberries	1/2 Cup(s)	23 cal
tofurky franks	2 oz	164 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 98 g (63%) / **Protein** 25 g (16%) / **Fat** 15 g (21%) / **Fluid** 34

NOTES:

### Snack

10:00 AM

sea salt & black pepper soy chips	12 crisps	85 cal
baby carrots	15 large	79 cal
hummus, lower sodium	3 Tbsp	78 cal
drinking water	2 Cup(s)	0 cal
tofurky jurky	1 1/2 oz	152 cal

MEAL TOTAL: **Calories** 394 cal / **Carbs** 50 g (50%) / **Protein** 28 g (28%) / **Fat** 10 g (22%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

american soy cheese, sliced	1 1/2 slice	105 cal
tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	3 leaf	3 cal
dijon mustard	1 Tbsp	15 cal
whole wheat tortillas	3 tortilla	381 cal
drinking water	2 Cup(s)	0 cal
peppered tofurky deli slices	4 1/2 oz	245 cal

MEAL TOTAL: **Calories** 766 cal / **Carbs** 76 g (41%) / **Protein** 48 g (26%) / **Fat** 27 g (33%) / **Fluid** 21

NOTES:

### Snack

3:00 PM

strawberries	1 Cup(s)	46 cal
mixed berry soy yogurt	6 oz	180 cal
drinking water	2 Cup(s)	0 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 48 g (46%) / **Protein** 40 g (39%) / **Fat** 7 g (15%) / **Fluid** 20

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	2 Cup(s)	0 cal
chicken nuggets, meat free	4 oz	316 cal
quinoa, cooked	1 Cup(s)	222 cal

**MEAL TOTAL:** **Calories** 626 cal / **Carbs** 72 g (45%) / **Protein** 28 g (17%) / **Fat** 27 g (38%) / **Fluid** 23

### NOTES:

**DAY 7 TOTAL:** **Calories** 2,778 cal / **Carbs** 344 g (49%) / **Protein** 169 g (24%) / **Fat** 86 g (27%) / **Fluid** 122



Eating right, simplified.

2 Servings



# shell pasta with artichokes in garlic & olive oil

## Ingredients

garlic  
2 clove

olive oil  
2 Tbsp

pasta shells  
1 1/3 Cup(s)

artichokes  
2 medium

## Nutrition Totals

**Calories** 768 / **Carbs** 113 g / **Protein** 23 g / **Fat** 29 g / **Fluid** 7 fl oz

## Instructions

1. Bring a pot of lightly salted water to a boil. Add seashell pasta, cook for 8 to 10 minutes, until al dente, and drain.
2. Heat the olive oil in a skillet over medium heat. Mix in the garlic, basil, and artichoke hearts, and cook 5 minutes, until heated through. Toss with the cooked pasta to serve.



Eating right, simplified.

## Nutrition Label

Shell Pasta With Artichokes In Garlic & Olive Oil	
Amount Per Serving	
Calories	384
% Daily Value*	
Total Fat 14.3g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 121.1mg	5%
Total Carbohydrates 56.4g	19%
Dietary Fiber 8.9g	36%
Total Sugar 2.6g	
Protein 11.7g	
Vitamin D 0IU	0%
Calcium 75.2mg	8%
Iron 4.1mg	23%
Potassium 485.7mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.



2 Servings

## vegan fajitas

### Ingredients

corn tortillas, no salt  
2 tortilla

sweet green peppers  
2/3 medium

zucchini/summer squash  
1/2 small

summer squash  
3/4 cup

olive oil  
1 Tbsp

black beans, no salt, boiled  
1 1/3 Cup(s)

corn sweet yellow raw  
1 1/3 Cup(s)

olive oil  
1 Tbsp

distilled vinegar  
2 tsp

chili powder  
1/2 tsp

### Nutrition Totals

**Calories** 879 / **Carbs** 126 g / **Protein** 33 g / **Fat** 33 g / **Fluid** 19 fl oz

### Instructions

1. In a large bowl combine olive oil, vinegar, oregano, and chili powder. To the marinade add the zucchini, yellow squash, onion, and peppers. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.
2. Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.
3. Serve in corn or flour tortillas





Eating right, simplified.

## Nutrition Label

Vegan Fajitas	
Amount Per Serving	
Calories	439
% Daily Value*	
Total Fat 16.4g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35.1mg	1%
Total Carbohydrates 63g	21%
Dietary Fiber 15g	60%
Total Sugar 9g	
Protein 16.2g	
Vitamin D 0IU	0%
Calcium 96mg	10%
Iron 3.8mg	22%
Potassium 994.1mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.



Eating right, simplified.

# Shopping List

## Accompaniments

dijon mustard  
2 tsp  
1 Tbsp  
mayonnaise, made with tofu  
1 Tbsp

## Beverages

almond beverage with calcium  
10.25 Cup(s)  
drinking water  
60 Cup(s)  
iced tea, green  
32 fl. oz.

## Bread

corn tortillas, no salt  
4 tortilla  
whole-wheat pita bread  
4 small  
whole wheat dinner rolls  
2 roll  
whole wheat raisin bread  
5 slice  
whole wheat tortillas  
5 tortilla

## Cereal & Grain Products

cereals, kashi 7 whole grain nuggets  
6 Cup(s)  
oat bran, cooked  
4 Cup(s)  
pasta shells  
1.34 Cup(s)  
quinoa, cooked  
2.5 Cup(s)  
wild rice, cooked  
3 Cup(s)

## Cookies & Crackers

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.



Eating right, simplified.

melba toast, no salt  
9 toast

## Dairy & Egg

american soy cheese, sliced  
3.5 slice

## Desserts

mixed berry soy yogurt  
12 oz

## Entrees

quinoa chili, vegan  
1.5 serving  
vegan chicken strips, meat free  
20 oz

## Fats & Oils

extra virgin olive oil  
3.5 Tbsp  
olive oil  
6 Tbsp

## Fruits & Juices

apples  
5 large  
bananas  
2 extra large  
nectarines  
8 fruit  
orange juice  
2.5 Cup(s)  
strawberries  
3 Cup(s)

## Ingredients

balsamic vinegar  
2 Tbsp  
distilled vinegar  
4 tsp

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.



Eating right, simplified.

## Legumes & Beans

black beans, no salt, boiled

2.66 Cup(s)

hummus, lower sodium

7 Tbsp

navy beans, no salt, boiled

0.5 Cup(s)

## Nuts & Seeds

almond butter

7 Tbsp

almonds

3.83 oz

sunflower seeds, no salt, dry roasted

0.88 oz

## Snacks

almond nut thins hint of sea salt

0.67 oz

garbanzo beans, dry-roasted no salt

2.75 oz

pecan granola bars

12 bars

sea salt & black pepper soy chips

28 crisps

## Spices & Herbs

chili powder

1 tsp

## Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake

5.25 Scoop

## Uncategorized

corn sweet yellow raw

2.66 Cup(s)

nutritional yeast seasoning by bragg

5 Tbsp

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.



## Vegetables

artichokes  
2 medium  
baby carrots  
70 large  
brussels sprouts, no salt, boiled  
2.5 Cup(s)  
garlic  
2 clove  
mustard greens, no salt, boiled  
3 cup  
romaine lettuce  
11 leaf  
4 Cup(s)  
summer squash  
1.5 cup  
summer squash, no salt, boiled  
2 cup  
sweet green peppers  
1.34 medium  
tomatoes  
0.75 Cup(s)  
zucchini/summer squash  
1 small

## Vegetarian Products

chicken nuggets, meat free  
8 oz  
peppered tofurky deli slices  
8.5 oz  
teriyaki tofu, baked  
2.25 oz  
tofurky franks  
8 oz  
tofurky jurky  
9 oz  
vegan turkey with sage, meat free  
24 oz